



The EVERGREEN Newsletter

Editor: Henny van Dijk

www.uthro.org

June, 2020

Dean Valenza's advice ...



To protect dental professionals, preserve resources, and expand available hospital capacity during the COVID-19 pandemic, numerous organizations have recommended that non-emergency and elective dental procedures be postponed for the next several weeks.

More recently, the Centers for Disease Control and Prevention (CDC) recommended that elective procedures, surgeries, and non-urgent dental visits be postponed. Why is this important? Most treatment provided by dental professionals produces aerosols. While the primary mode of transmission for COVID-19 is still thought to be by larger respiratory droplets, dental procedures are considered high risk for spreading the virus. Additionally, all dental procedures require the use of personal protective equipment (PPE), with varying levels of masks and respirators needed for different types of procedures. So, what should someone who has an urgent dental issue do during the COVID-19 pandemic? Life-threatening emergencies, such as maxillofacial trauma, uncontrolled bleeding from the mouth, or facial swelling will continue to be treated by oral and maxillofacial surgeons in a hospital setting.

What is urgent?

The following are examples of urgent dental conditions requiring prompt treatment, but usually not a trip to the ER:

- **Severe tooth pain ("toothache")** most commonly caused by decay, whether it be the first cavity in the tooth or under an existing filling or crown.
- **Abscess (infection) resulting in localized pain and swelling** Severe decay is again the likely cause.
- **Fracture of tooth or restoration (filling, crown) resulting in pain and/or causing soft tissue trauma**
- **Dental trauma - tooth knocked out or loose tooth** typically due to an accident.
- **Loss of temporary or permanent restoration (filling, crown, bridge)**
- **Pericoronitis** involving inflammation of the gums surrounding a tooth, typically a third molar (wisdom tooth).
- **Postoperative "dry socket" following tooth extraction**
- **Need for biopsy of abnormal tissue** – Mouth sores or patches on the tongue, lips, cheeks or gums that do not resolve on their own.

So, to summarize: Patients with **non-urgent** dental needs are advised to wait until restrictions on dental care are lifted. Patients with **urgent** dental needs should contact their dental professionals to see what can be done for interim relief. Anyone who doesn't have a dentist, or who has questions, may call UTHealth School of Dentistry's new **Dental Information Hotline, 713-486-4000, Option 1**. Staff will take calls between 8 a.m. and 5 p.m. Monday through Friday.

John Valenza, DDS

Rodney Beetar Remembered



Dear UTSD Family,
We are heartbroken as we learned that we have lost one of our own, Dr. Rodney Beetar, who passed away in hospice care just this morning with his wife, Kathy and son, Patrick, at his side. As many of you know, Dr. Beetar had recently had multiple, serious health issues, but I understand he was quiet and peaceful when he left us. Dr. Beetar had been

on the faculty at UTSD for 45 years, retiring just this past December, and we had just received approval this past Monday to award him the distinction of Professor Emeritus. While we could not present this honor to him in front of all the faculty, Patrick was able to tell him a few days ago, to the cheering of the UT Physicians who were present in the room.

We miss him already, and our thoughts and prayers go out to him and his family.

With great sadness,

John Valenza

Not only was Rodney Beetar my colleague at the Dental Branch/School of Dentistry, he was also one of my professors when I attended dental school there. Dr. Beetar was a wonderful teacher, guiding us through the difficult discipline of removable prosthodontics (dentures and partial dentures) and after graduation, he was always available for consults and guidance. He was a very outgoing person, always with a smile and a joke, and with a wonderful Colombian accent that was a target of admiring imitation by students. He always laughed harder than anyone at this. He was a very dedicated teacher, a skilled clinician, loved by students and patients. He was also a very dedicated father to two sons, one with life challenges and one who is an oral surgeon, and his wife, Kathleen, was very involved with the parent's organization when their son was in dental school. Dr. Beetar will be greatly missed by all of us who knew him.

Peggy O'Neill

I am saddened to hear of the death of Dr. Rodney Beetar. He recently retired from the School of Dentistry. Rodney was often awarded the annual clinical teaching award, the McGovern Award. Students loved Dr. Rodney Beetar. He was respected by faculty members. He was a hard worker with great energy, and a smile and a quip for all. Rodney and I would often reminisce about our dental education and patient care in St. Louis, Missouri. He studied prosthodontics at St. Louis University where I later practiced general dentistry for a few years. I studied for my dental degree nearby at Washington University in St. Louis. We shared stories and laughs from those many years ago. Dr. Beetar's son, Dr. Patrick Beetar, and his daughter-in-law, Dr. Sanaz Ekhlassi are alumni of UT Health School of Dentistry. Our condolences go to his family and many friends.

Richard Bebermeyer.

THE Upcoming Event ...

Tea with the Queen...



An Imaginary party while sheltering-in-place

Maybe all are feeling the effects of sheltering-in-place. We are missing socializing with our friends, being out on the town, at friends' homes, or around our table in our own home. To fill this void, Randy and I have begun holding imaginary parties around our dining table now and then. Here is their description of just one of their fabulous parties.



On Friday Feb.14 I was asked to reflect on my time at the Med School as part of a project to kick off a yearlong celebration of the 50th Anniversary. The Office of Communications invited a number of their Faculty and employees when they arrived at the school and what their impressions were. Those memories were video recorded for anyone interested to view and the link to those can be found at:

<https://www.youtube.com/playlist?list=PLp37YOR9J5WHMHGfExT1GJuFiGZ3wZ5jM>

When browsing the list of interviewees, it became immediately apparent that a good number of them were early to very early pioneers if you will who in the words of Bryant Boutwell at my retirement in 2005 "painted the canvas" of what would become the UT Houston Medical School. Deans, Faculty, students, employees all contributed to this recollection and it is touching to hear about them and of course see many of the faces we at the Med School had interacted, worked and shared those memories. Many of the UTHRO members will recognize the faces of the interviewees and I thought it a good idea to point you to the link and those faces of your former colleagues.

The actual dateline of the origins of what is now know as the McGovern School of Medicine goes back to 1969 when the Texas Legislature approved and Governor Preston Smith signed into law its birth. I have been privileged to be able to chronicle many of its historical moments.



Governor Preston Smith signing the bill establishing the UT Houston Med School and Cheves M Smythe founding Dean.



Queen Elizabeth's birthday is on April 21; the monarch's birthday is celebrated on the second Monday in June. We missed the perfect time for this one, since we've learned that April 21 was THE Queen's birthday. As the saying goes, "a day late and a pound short" (though in truth no shortage of pounds at our house these days!). Anyway, better late than never. So happy we can finally find an appropriate occasion to use our Queen Mum Plate - and a chance for Randy to use our ER II shortbread cookie cutter (thanks to Gill & Barry Rittman for giving us the cookie cutter). Don't those crowns sparkle with sprinkles?! And all served on Weimar China from Rick's great grandmother Patton. Rick takes his tea in his Harry and Meghan 2018 marriage beaker from Fortnum and Mason. He is such a Royal groupie! *Randy Tibbits & Rick Bebermeyer*

Queen Mum & ER II cookie cutter Harry & Meghan's Marriage Beaker



Interesting Facts about TMC

Peggy O'Neill approached me with a very interesting idea—what do we actually know about the many streets crossing the Texas Medical Center and she offered to research them and report on it. Here is her second expose.

We thought it would be interesting over the next few issues of the Evergreen to review some of the name origins of our familiar streets. Continuing with a look at street name origins in the Texas Medical Center, let's look at M.D. Anderson Blvd and John Freeman Blvd. There is a connection there!

Of course, the name M.D. Anderson is very familiar to most Houstonians, especially in connection with The University of Texas M.D. Anderson Cancer Center.



Monroe Dunaway Anderson (1873-1939) was a banker and cotton trader. Working in a company founded by his brother and William Clayton, he built Anderson, Clayton and Company into the world's largest cotton company. As a good businessman, he knew that in the event of the death of one of the partners, the business would lose a lot of money to estate taxes and might be

dissolved. To avoid this, he created the M.D. Anderson Foundation with an initial sum of \$300,000 which grew after Anderson's death to over \$19 million. In 1941 when the Texas Legislature appropriated \$500,000 to build a cancer hospital and research center, the M.D. Anderson Foundation agreed to match the state funds if the hospital would be located in Houston at the Texas Medical Center and named after Anderson. The Foundation had been active in developing the center in other endeavors. Anderson suffered a stroke in 1938 and died less than a year later. The Foundation to this day continues to fund many philanthropic projects.



John Henry Freeman was a native Texan, living most of his life in Houston. He was an attorney and partner in the firm of Campbell, Myer and Freeman before joining the firm of Fulbright, Crooker and Freeman. This later became Fulbright and Jaworski, one of the nation's largest law firms. Freeman's expertise was in banking, real estate and corporate practice. He was Houston City Attorney, president of

the Houston Bar Association, a member of the board of directors of the First City National Bank, and general counsel for the Anderson, Clayton cotton firm. Freeman, in 1936, prepared the legal documents establishing the M.D. Anderson Foundation and served as one of the original trustees. After Anderson's death, Freeman continued as a trustee and was responsible for overseeing the contribution to the building of the M.D. Anderson Cancer Center. John Freeman died in 1980.

Peggy O'Neill

Liliana's Cooking Class...



One of the reasons I joined UTHRO was the desire to stay connected with my former colleagues and learn about how they intend to spend their retirement.

I have decided to ask some but I'm also hoping that others will volunteer their story. My first "victim" is Liliana Rodriguez

Cracraft whom you

might remember from last year's Cinco de Mayo running the Loteria Game. I became aware of quite another side of her - Cacti and her love for the plants. I uncovered several publications from the Houston Chronicle to TMC news and even an article in "Monday Morning". They all focused on Liliana's talent with the Cacti as food or medicine but for this column I decided to concentrate on the food angle and in particular her fondness for the prickly pear cactus. Liliana explained that this cactus has a myriad of uses. There are two parts - the "tunas" used for soups, jellies, candy and wine, while the young tender pads or nopalitos will do great for entrees, vegetables and salads. She even got a second place finish for her salad in the Prickly Pear Cook-off. Liliana doesn't stop in her kitchen, she gives lectures and cooking classes telling her audiences about the varied uses of the plant especially for vegetarians as a healthy alternative to meat dishes. For those who like to grow their own stuff, cacti are a great way to consider - they need very little space, can easily be grown, are hardy and are naturally resilient to pests. When you shop for the prickly pear parts, choose young small nopalitos (pads) with medium green color and firm crisp texture; the tasty nopalitos salad is a family recipe handed down from her grandparents. For years the fruit and nopalitos have long been recognized as a meat substitute during Lent in the Mexican Community, but the nopalitos have also been used in everything from the main dish to dessert as well as the wine served with the meal. The bright red tunas can be made into jams, jellies and again wine, while farmers sometimes (in severe droughts) feed them to their life stock. Liliana is a member of the Houston Rodeo's "Go Tejano Committee" where she would love to sponsor a "Cactus Cook-Off" or maybe write a book about the prickly pear cactus and finally says that maybe that cactus is a metaphor on her life—"tough on the outside, tender on the inside" she says laughing.



UTHRO

The University of Texas Houston Retiree Organization
1851 Crosspoint, Suite 1.204
Houston, TX 77054

To update your address or phone number
please contact us at 281-655-1983

And Now For Something Completely Different...



I got a request from my friend Dr Gus Krucke and I hope that some of our UTHRO members might be able to help him.

Call for help - Omega House was the first licensed hospice in Texas - We serve those living with HIV/AIDS who are nearing the end of life - Homemade face masks appeal to us as the environment we create attempts to avoid the "clinical" in favor of love and caring with the mitigation of pain, anxiety, and suffering. As such, for those with the ability, we sure would love to have homemade, cheery masks. If you have a desire

to take part in our mission by lovingly sewing such masks, please private message me.

Masks created by Ellie O'Connor

Two Nursing School Faculty members wondered: if there are those in the UT Retiree Association who might like to make the "feelie hearts" for the class that begins in July. Linda Brown and Francine Snow asks for our help. Why the little hearts? During the second session of the five session Power of Nursing course, nursing students experience a moment that makes a difference. As students break into small groups to share their personal stories of vulnerability, loss and healing, a basket filled with small, fuzzy, multicolored "feelie hearts" is passed around the room. "Feelie hearts" can be made from any fabric but colorful patterned pieces of *polar fleece* seem to be the most popular with students. Polar fleece is washable. The finished hearts are about 2-3 inches, so can easily fit in a lab coat. We need 60 for each class. "The nursing students would be grateful."



UTHRO OFFICERS 2020

President	Kathryn Bradley	281-239-7980	kbradley77469@gmail.com
Vice-Pres	Tena Lummus	832-569-4176	nanapoo1@att.net
Secretary	Charlotte Childress	281-240-6898	charlotte.childress@yahoo.com
Treasurer	Margaret Zambrano	281-655-1983	20903 Imperial Ridge Ln., Spring, TX, 77379 zambrano55@sbcglobal.net
Web Administrators	Henny van Dijk, Pat Grealy & Glenn Schreyer		Newsletter Editor Henny van Dijk